

ANML LIGHTNING

K-6 Team DUALS

Date: **Sunday, January 20th, 2019**

Location: **Maple Lake High School**

200 state Hwy 55 E
Maple Lake, MN 55358

Admission: **Adults \$5; Kids \$2 (6 and under free)**

Team Admission Fee: \$150/team (Includes up to 2 coaches)

Open to first 12 advanced payment registered teams (**Please submit roster with payment**)

(Checks to: ANML YOUTH WRESTLING)

Tournament Details: **K-6th Grade**

Weight Classes:

45, 50, 55, 60, 65, 70, 75, 80, 84, 88, 93, 102, 115, 130, and HWT. (215 max)

(Up to 6 Alternates allowed)

- Weigh-ins: 9:00AM – 10:30AM (Coaches meeting @ 10:45)
- No weight allowance (80 lbs. = 80.0 lbs. not 80.1 lbs.)
- Wrestling Starts at 11:00AM
- High School rules apply. Match length; 3 – 1 minute Periods
- Exhibition Matches encouraged; dependent on time.
- Head Gear required
- Wrestling on half mats
- 3 MATCHES GUARANTEED
- Team Trophies for 1st, 2nd and 3rd place teams
- Concessions available until tournament end
- NYWA rules apply

For more information please contact ANML Youth Wrestling Club at the following:
anmyouthwrestling@gmail.com or coaches questions to anmyouthcoaches@gmail.com

